

Harbor Hall, Inc. Residential Treatment Schedule

rev.: 06/10/20

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:30am	Lights on	Lights on	Lights on	Lights on	Lights on	7:30	7:30	
6:55am	Roll Call , Morning Stretch	Roll Call , Morning Stretch	Roll Call , Morning Stretch	Roll Call , Morning Stretch	Roll Call , Morning Stretch	Lights on	Lights on	
7:00 – 7:30am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	7:00-8:15 Continental Breakfast	7:00 - 8:15 Continental Breakfast	
7:15 – 7:50am	Morning Chores, Break following	Morning Chores, Break following	Morning Chores, Break following	Morning Chores, Break following	Morning Chores, Break following			
7:55 – 8:40am	Roll Call Morning Readings/Meditation	Roll Call Morning Readings/Meditation	Roll Call Morning Readings/Meditation	Roll Call Morning Readings/Meditation	Roll Call Morning Readings/Meditation	Roll Call 7:55am Morning Stretch	Roll Call 7:55am Morning Stretch	
8:45 – 9:45am	CBT Didactic Presentation	Recovery Dynamics	CBT Didactic Presentation	Recovery Dynamics	Weekly wrap-up Presentation	8:15 – 8:55 Bedroom Cleaning	8:15-10:55 Personal Time	
9:45 –10:00am	Break	Break	Break	Break	Break	8:55 House Meeting	10:15 Setup AA Mtng	
10:00 – 11:45	<u><i>Primary Group Therapy</i></u>	<u><i>Primary Group Therapy</i></u>	<u><i>Primary Group Therapy</i></u>	<u><i>Primary Group Therapy</i></u>	<i>Primary Group:</i> Group w/Pat Mcginn	9:00 – 10:00 House Deep Clean 10:00 – 11:55 Free Open House 1pm-4:45 (Level 2,3,4)		
12 – 12:30p	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch ROLL CALL	Lunch ROLL CALL	
12:30 – 1:00p	Noon Chores	Noon Chores	Noon Chores	Noon Chores	Noon Chores	Noon Chores	Noon Chores	
1:00 – 1:15p	Break	Break	Break	Break	Break	1:00- 4:00 <i>Summer/Spring</i> Car Wash <i>Winter:</i> Snow Removal Neighbors Driveways/sidewalks	1:00 – 4:45 Visitation (Clients can get haircuts in the house during this time)	
1:15 – 2:45pm	<u><i>Dual Diagnosis Group</i></u>	<u><i>Criminal Thinking/ Thinking Errors Group</i></u>	<u><i>Recreation</i></u> Staff Directed and Supervised	<u><i>Relapse Prevention</i></u>	<u><i>Spirituality</i></u>			
2:45-3:00pm	Front Office Time	Front Office Time		Front Office Time	Front Office Time			
3:00 – 4:00pm	Connectedness Meeting House needs and wants	ROLL CALL BOOKS		ROLL CALL BOOKS	ROLL CALL BOOKS			
3:30 – 4:00pm	Afternoon Chores	Afternoon Chores	Afternoon Chores	Afternoon Chores	Afternoon Chores			
4:00 – 4:45pm	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	4:45 – 5:00 Personal Time	
4:55 – 5:30pm	Roll Call, Dinner	Roll Call, Dinner	Roll Call, Dinner	Roll Call, Dinner	Roll Call, Dinner	Roll Call, Dinner	Roll Call, Dinner	
5:30 – 6:05pm	Chores (free time after chores are completed)	Chores (free time after chores are completed)	Chores (free time after chores are completed)	Chores (free time after chores are completed)	Chores (free time after chores are completed)	Chores (free time after chores are completed)	Chores (free time after chores are completed)	
6:10 – 6:45pm	ROLL CALL 1 st Step Readings BOOKS	ROLL CALL 1 st Step Readings BOOKS	ROLL CALL 1 st Step Readings BOOKS	ROLL CALL 1 st Step Readings BOOKS	ROLL CALL 1 st Step Readings BOOKS	6:00 – 7:15 Personal Time	6:10 – 6:45 ROLL CALL Books (Study Time)	
6:45 – 7:15pm	Personal Hygiene Time	Personal Hygiene Time	Personal Hygiene Time	Personal Hygiene Time	Personal Hygiene Time	Personal Hygiene Time	6:45-11:00 Personal Time	
Recovery Meetings	See meeting schedule on following side. <i>COIN OUT'S</i> occur immediately upon return from meetings.							
	9:30 – 10:00 Snacks 10:00-11:00 Personal Time	9:30 – 10:00 Snacks 10:00-11:00 Personal Time	9:30 – 10:00 Snacks 10:00-11:00 Personal Time	9:30 – 10:00 Snacks 10:00-11:00 Personal Time	9:30 – 10:00 Snacks 10:00-11:00 Personal Time	9:30 – 10:00 Snacks 10:00-11:00 Personal Time	9:30 – 10:00 Snacks	
11:00pm	Lights out	Lights out	Lights out	Lights out	11:30pm Lights out	11:30pm Lights out	Lights out	

1. FREE TIME is Approved access for Bedroom, hygiene, phone use, game/weight room, porch, yard
2. OPEN HOUSE is Approved access for phone, game/weight room, porch, yard, **NO BEDROOM ACCESS! NO HYGIENE!!**

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AA/NA/DRA Meeting Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 – 9:00pm In-house AA meeting in Dining Room In-house NA meeting in Music Room (max. 12) AA Zion Lutheran 8pm	7:30-8:30pm In-house Closed/Men’s AA meeting in Dining Room In-house NA in Music Room (max. 12) Life-Ring Meeting in Lecture Room 6:30-7:30pm	7:00 – 8:00pm In-house Closed/Men’s AA in dining Room Talking Circles at LTBB Health Center 7:00-8:00pm Presbyterian Church AA (Level 3 & 4 only)	8:00 – 9:00pm AA Meeting Emanuel Episcopal 8:00 – 9:00pm NA Meeting Zion Lutheran Church Depart at 7:25pm Return by 9:35pm	7:00 – 8:00pm Talking Circle Group in Front Lecture Room. 7:00 – 8:00pm In-house Closed/Men’s AA Discussion in dining Room Life Recovery Meeting @ Bridgestreet	8:00 – 9:00pm AA meeting “Saturday Night Live” at Saint Francis Depart at 7:30pm Return by 9:30pm	11:00am– 12:00noon In-house Open AA Speaker meeting in Dining Room

Medication Times

All medication times are daily at the same times as listed.	<u>Morning (Mon-Fri)</u> 5:00am – 7:30 am	<u>Afternoon (7 days/week)</u> 12:30 – 1pm 5:30pm – 6:00pm 9:30pm – 10:30pm	<u>Morning (Saturday & Sunday)</u> 5:30am – 9am
Any deviation of these times may result in disciplinary action			

Other Regularly Scheduled Activities

Recovery Coach Presentation Bi-monthly, 2 nd Thursday of the Month	Bridge Street Holiday Dinners	Religious Services Passes on Sunday mornings	3 rd Thursday of each month: Salvation Army dinner followed by AA/NA at the Salvation Army
			1 st Thursday each month District 13 meeting 6:00-8:00

Room Access

All clients must be prepared for the day. The house closes after the morning clean-up. There is no room access until the house is opened up by authorized person. This is a safety device and meant to keep all safe. Do not ask the technician to go to your room during unauthorized times. If you have an emergency you will need to ask your primary counselor to escort you to your room.					
OPEN HOUSE	4pm to 4:45 pm Mon-Fri 1pm to 4:45pm Sat-Sun Levels 2,3,4 only	6:45 pm to 7:55 pm daily (ends at 7:15 on meeting nights) All Levels	9:15 pm to 11:00 pm	You must be in your rooms and lights out at 11:00pm Sunday through Thursday	You must be in your rooms and lights out at 11:30 pm Friday and Saturday